



Wethersfield Senior Center News

Wm. J. Pitkin Community Center
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NOVEMBER, 2016

Musical Entertainment—On **Mon, November 7 at 1pm**, the Senior Center is pleased to present a repeat performance by “The Elderly Brothers” duo of T-Bone Stankus and Brian Gillie. Maybe you remember these two zany performers from our summer picnic in 2015. But if you don’t, this is one show you won’t want to miss. These two performers are excellent individually and together, their exceptional! Join us for a fun-filled afternoon! Admission is \$2 for Senior Center members and \$4 for non-members. Snacks will be served.



Friday Feature—On **Fri, November 11 at 10am**, the Senior will welcome local, award-winning author, F. Mark Granato. Mark’s book “Out of Reach: The Day Hartford Hospital Burned” is a work of historical fiction, recreating the fire that broke out on the 9th floor Hartford Hospital in December, 1961. The fire forced the evacuation of the hospital and created heroes of local firefighters. Mark’s presentation will include amazing pictures from that day. Free books will be given as door prizes at this event. Please call Lisa at 860-721-2979 to register for this program by Wed, Nov 9.

Lunch & Learn—On **Tue, November 15 at 12N** we’ll learn about the importance of listening to our intuition and developing our psychic gifts! Deirdre from Art of Spirit, a life-long clairvoyant, will teach us how to recognize, understand and develop the spiritual gifts she believes we were all born with! Don’t miss this fascinating talk that could change the way you perceive the world! Call Lisa at 860-721-2979 by Fri, Nov 11 to register. A light lunch will be served.



\$3 Haircuts—Those talented students from the International Institute of Cosmetology will return to the Senior Center on **Fri, November 4** to offer haircuts at the bargain price of \$3. All students continue to work under the supervision of an instructor. Call Lisa at 860-721-2979 for an appointment.

Holiday Closure

The Senior Center will be closed on **Thursday, November 24 & Friday, November 25** for Thanksgiving.



Classes Continue!

Classes continue this month and remember, it's never too late to sign up for classes that have already begun! Call Lisa at 860-721-2979 for more information.

- **NEW Session—Cooking with Star**—Our soup cooking sessions in September & October were so popular, we're back this month with two more classes! On **Tue, November 15 at 11am** we'll make Pasta Fagioli and Roasted Garlic Brochetta. And on **Tue, November 22 at 11am** we'll make The Best Ever Turkey Escrol Soup and Curried Turkey/Chicken Salad sandwiches. A \$10 food fee due to the instructor on the day of class. Call Lisa at 860-721-2979 to register.
- **The Artist's Journey**—Wednesdays through 12/14, 10-11:30a. Cost: \$28
- **Art & Mindfulness**—Thursdays through 12/15, 9:30-10:45a. Cost: \$24
- **Painting with Faye**—Tuesdays through 12/13, 10-11:30a. Cost: \$28
- **Belly Dance**—Thursdays, 12:30-1:30p. While our instructor has finished classes, our dedicated students continue to practice weekly. Feel free to join them as they practice their routines together.
- **Chair Yoga**—Mondays through 12/19, 11:30a-12:30p. Thursdays through 12/15, 2-3p. Cost: \$28 for Mondays or Thursdays, or \$50 for both!
- **Good Life Functional Fitness**—Mondays & Wednesdays through 12/14, 1:30-2:15p. Cost: \$30
- **T'ai Chi Qigong**—Thursdays through 12/15, 11a-12N. Cost: \$24



Important Fall Programs

Energy Assistance

The Energy Assistance program provides assistance for heating expenses incurred in the 2016/2017 heating season. To be eligible, a household's gross annual income must fall below \$33,132 for a family of 1, \$43,326 for a family of 2, and \$53,521 for a family of 3. Renters may have \$12,000 or less in liquid assets and homeowners may have \$15,000 or less. Energy application outreach dates are as follows:

- Wethersfield Housing Authority (60 Lancaster Road)—Wed, 11/2, 9a-12N
- Nathan Hale Apts (1532 Berlin Turnpike)—Wed, 11/16, 9a-12N
- Nathan Hale Apts (1534 Berlin Turnpike)—Wed, 11/30, 9a-12N
- Lasher Court—Wed, 12/14, 9-11a
- Fuller Housing (31 Butler Street)—Tue, 1/10, 9a-12N

Wethersfield residents should call 860-721-2977 for information about what documents are required to apply and for appointments.



Medicare Open Enrollment

Medicare's annual open enrollment period runs through **December 7**. This is your annual opportunity to make changes to your Medicare insurance coverage for 2017. During open enrollment, you can choose a different Part D plan to pay for medications, switch to a Medicare Advantage Plan, or switch back to traditional Medicare from an Advantage plan. Remember, insurance plans can change the drugs they cover each year and the physicians enrolled in their networks. It's important to check that these changes will not effect you in 2017. If you have questions or would like help exploring your options, call Lisa at 860-721-2979 or Chris Taylor at 860-721-2977 for an appointment.

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JOHN DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX MALE	
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 01-01-2007	
MEDICAL (PART B)		01-01-2007	
SIGN HERE →			

Computer Learning Center Fall Schedule

The Computer Learning Center is here to empower you for the computer age! Register for these upcoming classes on-line or in person with Lisa or in the Parks & Recreation office.

- **Kindle App Workshop**—The Kindle app is available for free for most major smartphones, tablets and computers. With it you can buy or borrow a book and read it on any device with the Kindle app installed. Learn how to download and read a book and how to use the controls. **Thur, 11/10, 10a-12N.** Fee: \$10
- **iPhone for New Users I**—Smartphones are powerful and useful. Apple's iPhone is one of the easiest to learn and use. This workshop is for the new user of an iPhone 4, 5, or 6. Learn about the home screen and how to make and receive calls. Review "settings" and learn to customize phones and connect to WiFi. Bring a fully charged iPhone to class. **Tue, 11/29, 12:30-2:30p.** Fee: \$10
- **iPhone for New Users II**—This workshop is a continuation of iPhone for New Users I and gets into more detail on texting, taking and sharing photos and creating and using contact lists. Learn how to get emails on your phone. Bring a fully charged iPhone to class. **Wed, 11/30, 12:30-2:30p.** Fee: \$10
- **iPad Beginners**—This four-session course will help participants use their iPad with iOS10. Topics to be covered include basic iPad operations, email and surfing the web. Text included. **11/14, 15, 16 & 18, 12:30-3p.** Fee: \$40

And coming in December:

- **iPad Intermediate**—This four-session class is for people who already know the basic iPad operations. Learn to organize the desktop, text, take photos and videos, read ebooks and work with a variety of pre-installed and purchased apps. Fee includes text. \$5 discount for iPad Beginner class graduates. **Mon/Wed, 12/5-12/14, 9:30a-12N.** Fee: \$40.



Tech Gadget Assistance Continues!

Our high school senior volunteer, Bilal Nizami continues to provide one-to-one assistance during lab times on **Tuesdays & Thursdays from 4-5pm** this month. We've learned a bit more about Bilal over the last month as he's volunteered with many of our seniors. Bilal has a 3.595 GPA at the Sport and Medical Sciences Academy in Hartford. He came to America with his family in September, 2009. He found it challenging to get used to our culture and especially difficult to learn English! He was in the 5th grade when he arrived here and feels he finally mastered English in 9th grade! Bilal intends to major in Business & Finance in college and to become a Financial Analyst. He plans to apply to UConn and UHart. He feels keeping up with technology is very important in today's world and is here to help Wethersfield's seniors do just that! Bilal is very familiar with Windows 10, Apple and Android tablets & smartphones, digital cameras and other high tech devices. He's been using computers since he was 3-years old and he's very excited to have this opportunity to give back to the community by helping seniors! So be sure to take advantage of this wonderful service. Bilal will provide one-to-one assistance by appointment only. Call Lisa at 860-721-2979 for appointments!

On-Going Senior Center Activities



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**—offered by Newington Health Care on **Wed, Nov 16, 10a-12N**. Manicures include filing, buffing & polishing. Call Lisa at 860-721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for a bingo fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, Nov 21** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

Monday Afternoon at the Movies!

Free movies resume on Mondays at 1pm. No registration is required. Movies are subject to change depending upon availability. Showing in November:

Nov 14—The Finest Hours. Starring Casey Affleck. Recounting one of the most heroic tales in the annals of the US Coast Guard, this tense maritime thriller traces the daring rescue of the crew aboard two oil tankers when both vessels were torn in two by the furious waves of a gigantic Atlantic storm. PG-13, 117min.

Nov 21—Eye In the Sky. Starring Helen Mirren. Leading an operation to nab a terrorist and her collaborators in Kenya, Colonel Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered putting a young girl at risk of becoming collateral damage. R, 102min.

Nov 28—Quartet. Directed by Dustin Hoffman. A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. PG-13, 99min.



Senior Center Health Programs

Free Blood Pressures— **Wed, Nov 9** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm.

Free Blood Sugar Testing— **Fri, Nov 11** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Foot Care Clinics—**Fri, Nov 4 & Tue, Nov 22**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appt.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to www.strokesupport-ct.org.

Watch Your December Newsletter for...

- Musical Entertainment on **Mon, Dec 5 at 1pm** we'll have a program to get you into the holiday spirit featuring The Connecticut Yuletide Carolers, a group that sings beautiful holiday music a cappella in four-part harmony!
- AARP Safe Driver Class will be held on **Mon, Dec 12, 8:30a-12:30p.**
- \$3 Haircuts offered on **Fri, Dec 16**. Call Lisa for an appointment.

